


Menu for **LCMR & RMT Schools**

Menu Subject to Change

Every Meal Includes a choice of:
3 Fresh Fruits, Canned Fruits, or 100% Fruit Juices
Skim, 1% White Milk, Strawberry or Chocolate Milk

March

2010 (3/1-26)

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Patty on Sesame Seed Bun Spicy or Mild Rice Choice of Vegetables Choice of Fruit	2 Burger on a Bun Beef-Fish-Veggie Oven Fries Pickle Chips Choice of Fruit	3 French Bread Pizza Bread Basket Choice of Vegetable Choice of Fruit	4 Hot Ham & Cheese on a Pretzel Bun or Kaiser Roll Choice of Vegetables Choice of Fruit	5 Chessey Baked Lasagna Garlic Bread Sticks Choice of Vegetables Choice of Fruit
Ala Carte: Meatball Parm \$3.25	Southern Spicy Chicken \$3.50	LA Gable Wraps \$3.50	Chicken Salad on a Kaiser \$3.00	Nachos w/Cheese Sauce \$2.00
8 Hot Dog on a Bun Mashed Potatoes Baked Beans Sauerkraut Choice of Fruit	9 Caper Tacos Lettuce & Tomato Cup Salsa Corn Choice of Fruit	10 Chicken or Fish Nuggets with Dip Chicken Flavored Rice Bread Basket Choice of Vegetables Choice of Fruit	11 Meatball Sub on Long Roll Homemade Macaroni Salad Choice of Vegetable Choice of Fruit	12 Pizza Dippers with Dip Choice of Vegetables Choice of Fruit Graham Crackers
Chicken Tenders \$3.50	Personal Pan Pizza \$2.25	Hot Roast Beef on a Kaiser \$3.50	Chicken Caesar Salad \$3.25	Soft Pretzel C&S \$1.25 Cheese \$1.50
15 Tyson Chicken Tenders Spicy or Mild Bread Basket Potato Wedges Choice of Vegetables Choice of Fruit	16 Philly Steak: Chicken or Beef Sautéed Onions Pickle Spear Cole Slaw Choice of Fruit	 17 O'Popcorn the Chicken Shamrock Rice Green Vegetables Green Fruit	18 Caper Hoagie Potato Chips Choice of Vegetables Choice of Fruit	19 Stuffed Crust Pizza Bread Basket Choice of Vegetables Choice of Fruit
Nachos w/Cheese Sauce \$2.00	Max Sticks \$2.25	Tacos on the Run \$3.50	Southern Spicy Chicken \$3.50	Turkey Club \$3.50
22 Chicken Parm Side of Pasta Garlic or Plain Roll Choice of Vegetables Choice of Fruit	23 Pizzeria Pizza Bread Basket Choice of Vegetables Choice of Fruit	24 Super Bakes Potato Choice of Topping: Taco Meat, Cheese, Broccoli Sour Cream, Bacon Bits, Promise Choice of Fruit	25 Chicken Patty on Sesame Seed Bun Spicy or Mild Waffle Potatoes Choice of Vegetables Choice of Fruit	26 Toasted Cheese Sandwich Tomato Soup Goldfish Crackers Choice of Vegetables Choice of Fruit
Quesadilla \$2.25	Buffalo Chicken Salad \$3.50	Chicken Tenders \$3.50	Corn Dogs \$1.25	Stuffed Shells \$3.25

CHICKEN CAESAR AND VEGETARIAN CAESAR SALADS AVAILABLE DAILY

LUNCH PRICES

Student	\$2.25	03/01 – 03/05
Grab & Go	\$2.25	03/08 – 03/12
Milk 1%	\$.40	03/15 – 03/19
Choc. 1%	\$.40	03/22 – 03/26

SOUP, SALAD, AND SANDWICH OPTIONS

Tuna Salad on a Bun or PBJ	Spicy Chicken Sandwich
Turkey & Cheese or PBJ	Pepperoni & Cheese on Pret Bun
Chicken Salad on a Bun or PBJ	BBQ Pork on a Kaiser
Ham & Cheese or PBJ	Ham & Cheese on a Pretzel Bun

GRAB AND GO

INCLUDES:

½ Sandwich
Snack Cake & Fruit
Fruit Juice
4oz Yogurt & Milk

****Students are now offered a choice of 3 vegetables each day, 1 hot vegetable and 2 raw vegetables****

Bread Basket Available Daily